

# GUIDE FOR NEW INTERNATIONAL STUDENTS



Vilnius University  
Students' Representation  
in the Faculty of Medicine

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# WELCOME TO THE MEDICAL FACULTY OF VILNIUS UNIVERSITY!

When in a new city, it is understandable to feel slightly lost at first. There are plenty of questions, hence this guide was created to answer some of the most often asked questions, as well as offer some tips for a great experience in Vilnius. If there are any questions left unanswered, please feel free to contact us for help here.

VU SA MF ISR – Vilniaus Universiteto Studentų Atstovybė Medicinos Fakultete – International Student Representation.

## **Vilnius University Students Representation (VU SA)**

**VU SA** is an independent, non-profit orientated, non-political organization which represents the interests of all students of Vilnius University.

- Acts for the good of students
- Improves the process of studies
- Takes care of social welfare
- Organizes meaningful leisure activities
- Spreads information

## **International Student Representatives (ISR): Mission Statement**

The Mission of the International Student Representatives is to work with the VU SA and VU SA MF to help develop and improve the quality of the Medical and Dentistry Program. To create a more diverse campus life for all students by providing opportunities for social integration through events, lectures, and seminars. To enhance the international experience by advocating the interest of past, current and prospective students. To act as a communication channel between the admin and the Medical Faculty students. Our goal is to improve the student learning experience, in conjunction with Vilnius University, by helping form solutions to identified problems encountered throughout the student life in Vilnius.

## **CONTACT DETAILS OF VUSA MF ISR**

**Instagram:** @VUSA\_MF\_ISR

**Facebook:** [www.facebook.com/VUMFISR](http://www.facebook.com/VUMFISR)

**Email:** [isr@mf.vusa.lt](mailto:isr@mf.vusa.lt)

[chairman@mf.vusa.lt](mailto:chairman@mf.vusa.lt)

[students@mf.vu.lt](mailto:students@mf.vu.lt)

# MEET THE TEAM



*Back Row: Left to Right*

José Geraldo de Andrade Neto, Damian Mialkowskyj, Jana Schulte, Ugnius Šlekys,  
Agata Bruzgul

*Front Row: Left to Right*

Abraham Brown, Kimberley Mvetimbo Tambo, Greta Burinskaitė

# TEMPORARY RESIDENCE PERMIT

The Temporary Residence Permit (TRP) is what you must acquire after your Visa D expires (non-EU Students).

EU Students can either get the TRP or fly to their home country in 3 months intervals. How does one acquire the Temporary Residence Permit?

You must register and book an appointment at; <https://www.migracija.lt>

- ❖ Choose for foreigners and then your nationality
- ❖ Choose “I want to get a temporary residence certificate”
- ❖ Choose “I am admitted to study at an educational institution according to the programme (programmes) of general education or vocational training, to study at a science and study institution according to the study programme (programmes) or to a doctoral programme, invited to a traineeship, to improve qualifications”
- ❖ Add your Email address
- ❖ Confirm your Email by adding your temporary certification code (sent via email)
- ❖ Fill in your personal Information
- ❖ Fill in all the personal data and upload all necessary documents (images or scans) on the next pages
  - (Make sure they are either in Lithuanian or in English !!)
- ❖ State fee paid (best: at place of service, costs ca. 8,60€ as of now)
- ❖ Save the application and choose a date to visit the migration office of your municipality
- ❖ Bring all your original documents (in English/Lithuanian)
- ❖ Once there, photos and prints will be taken, and you will have to pay the fee
- ❖ You will also have to sign the documents of the municipality
- ❖ Ca. 2 weeks later, the card will be done
- ❖ Make another appointment via the same form to get your card from the municipality’s office
- ❖ Then you must declare your place of living
  - (Photo of TRP and lease contract. These you will have to send via email (already given) to the city)

# LIST OF IMPORTANT CONTACTS

<i>Department</i>	<b>Coordinator</b>	<b>Contact Information</b>
<i>Head of the Study department</i>	Jekaterina Bortkevič	<p>Phone: +370 5 239 8703            Email: jekaterina.bortkevic@cr.vu.lt            room 112, M. K. Čiurlionio str. 21/27,            Vilnius</p> <p><b>Consulting hours:</b> by prior arrangement</p>
<i>Coordinators for International Studies</i>	Giedrė Nenartavičienė	<p>Phone: +370 5 239 8761            Email: giedre.nenartaviciene@mf.vu.lt            room 113, M. K. Čiurlionio str. 21/27,            Vilnius</p>
	Justė Andrikonytė	<p>Admissions to full – time studies, transfers</p> <p>Phone: +370 5 239 8760            Email: juste.andrikonyte@mf.vu.lt            room 113, M. K. Čiurlionio str. 21/27,            Vilnius</p> <p><b>Consulting hours:</b>            Monday-Thursday            9.30 – 12.00 a.m.            1.00 – 3.00 p.m.</p>
	Vita Petronytė	<p>Erasmus+ Mobility (incoming and outgoing students, staff); Bilateral Mobility; International partnerships</p> <p>Phone: +370 5 239 8721            Email: vita.petronyte@mf.vu.lt            room 113, M. K. Čiurlionio str. 21/27,            Vilnius</p> <p><b>Consulting hours:</b>            Monday-Thursday            9.30 – 12.00 a.m.            1.00 – 3.00 p.m.</p>
<i>Coordinator of Studies for Internships and Certificates</i>	Meilė Juršėnienė	<p>Phone: +370 5 239 8765            Email: meile.jurseniene@mf.vu.lt            Room 114, M. K. Čiurlionio str. 21/27</p> <p><b>Consulting hours</b>            Monday-Thursday            9.30 – 12.00 a.m.            1.00 – 3.00 p.m</p>

# MAP OF MEDICAL FACULTY



## HOW TO FIND ACCOMMODATIONS

### 1. Dormitories

Olandu gatvė 51

Contact: [Bustas@vub.lt](mailto:Bustas@vub.lt)

Single rooms: 174€

Double room (with roommate): 80€

The utilities are included in the price

### 2. Sauletekio

Contact: [acomodation@vub.lt](mailto:acomodation@vub.lt)

Telephone nr: +370 618 622 81

### 3. For more Information: <https://www.vu.lt/en/studies/bachelor-and-integrated-studies/living-in-lithuania/accommodation#student-dormitories-in-vilnius>

### 4. Apartments:

- <http://ober-haus.com/>
- <https://www.aruodas.lt/> (Recommended)
- <https://www.remax.lt/>
- [www.rebaltic.lt](http://www.rebaltic.lt)
- [www.domoplius.lt](http://www.domoplius.lt)
- Facebook Group: “Iknowflatinvilnius”

## TUITION

For the first tuition fee, you will receive the invoice via your private email. For all other semesters, the invoice will be uploaded on the university system;

- is.vu.lt > Change Language to English > Finances > Invoice/ Credit Note

## STUDY SCHEDULE

The schedule is uploaded here; <https://www.mf.vu.lt/en/studies/undergraduate-studies-2/integrated-studies/schedules-integrated-studies>

- mf.vu.lt > Change Language to EN > Studies > Undergraduate Studies > Integrated Studies > Schedules

The schedule of the individual groups throughout the year can be found here as well: <https://tvarkarasciai.vu.lt/mf/>

## MEDICAL SUPPLY STORE

Here you can get:

- ❖ The white coats,
- ❖ Stethoscopes,
- ❖ General dissection kits.
- ❖ Other Medical Supplies

White coats are mandatory for classes during the first semester, so it is helpful to get them as early as possible.

- Medita (near VU hospital) - P. Baublio g. 2A, Vilnius 08406, Lithuania
- Vilnius Medical Equipment - Pylimo g. 10, Vilnius 01117, Lithuania

## SCHOOL SUPPLY STORE

- ❖ **Dolovija** – T. Ševčenkos g. 16, Vilnius 03223, Lithuania
- ❖ **Charlot** - Second floor, Mindaugo g. 11, Vilnius 03225, Lithuania
- ❖ Office supply store on Traku gatve.
- ❖ Pegasas, knygynas - Pylimo g. 53, Vilnius 01137, Lithuania
- ❖ The big RIMI, school supply department - Kedrų g. 4, Vilnius 03116, Lithuania



# BUS PASS / TRANSPORTATION IN VILNIUS

## TRAFI:

When using buses to get around Vilnius, download the app called Trafi from the app store (it is free of charge). As long as you have an internet connection, you will get from A to B with this app in the most convenient way possible.

A single ticket (0,65€ for students and children; 1 € for adults)

You can buy a ticket directly in the app via Mastercard or Visa. (The minimum value to buy some tickets is 5€ though)

Due to Covid you might not be able to buy a bus ticket directly by the driver, but if you can, use change as too large bills might not be accepted.

You will get a paper ticket which will have to be validated at the yellow box in the bus. (Don't throw away the ticket for the duration of its validity, as you might have to produce it in case of a ticket control)

If you use the bus often, it will perhaps be cheaper to buy a monthly ticket. You can buy a monthly ticket directly through the app (5,80€). As a student you can get an 80% discount on TRAFI Tickets! But during a control you must present your student card as well to be eligible for the 80% discount.

## BUS CARD

A monthly ticket can also be acquired as a solid card (like a bank card) at a "Narvesen" shop, which are all over the city. You can choose a one-month-plan or a three-month-plan (15€ for students).

You can use the same card after three months, if you have renewed the payment at your local "Narvesen".

Important about this Ticket is, that you must activate it in the bus (yellow boxes with a screen in the bus: press the card against it and it will beep. Wait until you see the validity of your card on the screen). Furthermore, you need to present your student card in case of a ticket control (to be eligible for the student discount).

During the week, the busses arrive regularly, in short intervals (depending on where exactly you are and want to go; obviously the best network is in the city center). On the weekend and on holidays, busses go regularly unless posted otherwise.

After midnight though, it is usually harder to get around by bus.

## TAXIS

The most used apps are "Bolt" and "Yandex Taxi", which are both affordable and reliable, though "Bolt" is a tad bit cheaper. You can order regular cars, XL Cars with more seats.

You can either pay through the app with your credit card, or with cash after the ride. Most Taxi services prefer the credit card option, as most drivers don't carry change.

Uber is also available in Lithuania, though it is usually harder to find drivers and it is less affordable, as it is less popular.

## ALTERNATIVE TRANSPORTATION

CityBee and Spark are car sharing services in Vilnius. The CityBee app allows you to “rent” a car for a short period of time to get from A to B. They also offer several options to rent a car for longer. You need to register your driver’s license and credit card in the app to use this service. To verify your driver’s license, you just need to take a photo of yourself (the registration in the app is quite clear). You will be notified once you are cleared to drive via the app.

The app shows you available cars around you, which you can reserve for ten minutes while walking towards them. You unlock the car through the app and find the key inside. Notice that you are **only** allowed to park in the zones that are underlaid orange in the app. You pay for the minutes and kilometers you drive, which can be different depending on the car you chose (bigger and newer cars cost more). When you are done using the car, you lock it again in the app (don’t forget to leave the key IN the car!)

## HOW TO GET THE LSP/LSIC STUDENT CARDS

The LSP Card (in English ISIC or LSIC) is used to check your Identity when writing your exams, therefore it is important to get it.

It also makes you eligible for discounts on public transport etc. and is needed to borrow books from the library. Furthermore, you can only enter the Sauletekio library (before 08.00 and after 21:00) with the LSP Card. In the first month, you can use the study agreement from the University as a substitute, though it doesn’t work for all services just listed.

The LSP can be ordered here; <https://lsp.lt/en>.

- If you have a Lithuanian Bank account, it will be easier to pay for the LSP
- If you don’t have an LSP, you have two options:
  - Ask a friend with a Lithuanian bank account to make the transfer for you
  - If you have a European bank account, it’s possible to transfer the money without any extra fees.

How to make the transfer from your European bank account:

- Choose to make a foreign transaction
- International Bank account number      IBAN: LT48 7300 0101 3654 8129  
BIC/SWIFT: HABALT22 (not necessary if transfer in EU countries)
- Message to the receiver: New LSIC Card \*your name\*
- Address to Receiver (not always mandatory):  
Lietuvos Student Sajunga, Gelezino Vilko g. 12, 01112 Vilnius LT
- Choose the option: „Sender and Receiver share transaction fee”
- The LSP Card costs 20 Euro (currently)
- With questions regarding the transactions, please contact your bank
- When you have finished the transaction, you need to email the receipt to [pagalba@lsp.lt](mailto:pagalba@lsp.lt)
- You will receive confirmation of your payment though email, it may take a couple of days

If you have any questions about your application you can email [lsp@vusa.lt](mailto:lsp@vusa.lt).

If you have any general questions about the LSP application process, you can always contact the ISR ([isr@mf.vusa.lt](mailto:isr@mf.vusa.lt)) and we will be more than happy to help you!

**Important reminder:** use the same identity document to register for your LSP as you provided for the university when applying!

## DO YOU NEED A LITHUANIAN BANK ACCOUNT?

As a European citizen it is usually cheapest and easiest to continue using your bank account from your home country. If you are unsure, ask your bank for the appropriate procedure.

If you plan to work in Lithuania, it might be advantageous to get a Lithuanian bank account. (Revolut is super easy, also for scholarships, or Swedbank)

If you are a non-European citizen and have only a non-European bank account, it is recommended to get a Lithuanian bank account. Some of the banks most popular amongst students are;

- Swedbank: <https://www.swedbank.lt/private/d2d/accounts/becomeOurCustomer>
- SEB: <https://www.seb.lv/en/private/become-customer#becomeClient>
- Luminor: <https://www.luminor.lt/en/private/luminor-black>
- Revolut: <https://www.revolut.com>

Swedbank 



Luminor 

# LIBRARIES



## The Medical Faculty Library

Open 24/7, but you need the LSP Card, as mentioned previously, to enter the medical faculty building.

Books for Medical Students can be found in the Reading rooms;

- 1st Floor M.K.Čiurlionio gatvė 21
- Within the hallways of 1st and 2nd floor

## Vilnius University Library Scientific Communication and Information Center:

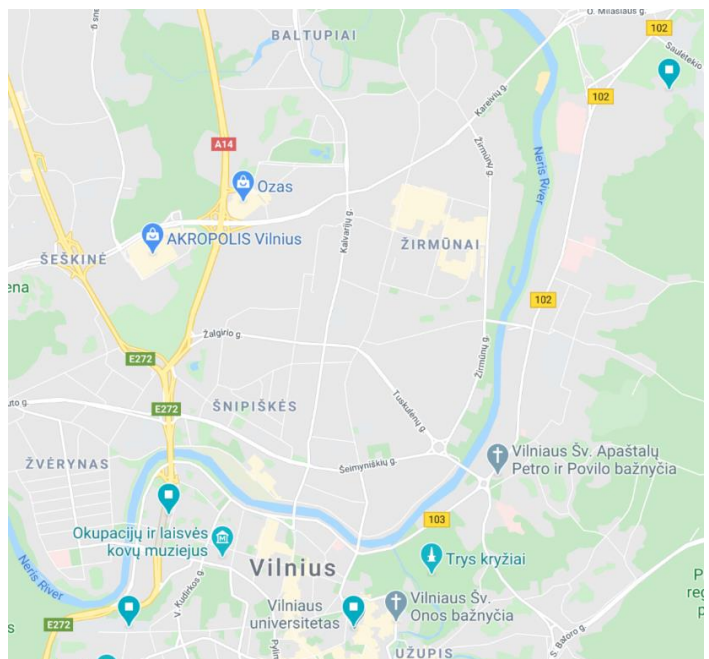
**Address:** Saulėtekio al. 5, Vilnius 10222, Lithuania

**Time:** Open 24/7 with the LSP Card though the opening hours may vary on holidays.

Food is available in the Mensa just left to the main entrance, and from several vending machines.

Printing is available with money previously charged to the LSP Card. You can pay for this by Card or Cash at the front desk in the library or online (Print.vu.lt).

Free parking is available with or without registration.



## **Vilnius University Library**

**Address:** Universiteto g. 3, Vilnius 01513, Lithuania

**Time:** 9AM – 9PM

Monday – Saturday

It is the oldest library in Lithuania, which you can enter with the LSP Card.

Beware that the Reading Rooms may have different opening hours !

Printing is available via LSP (same as previously), though no free parking or food are offered.

## **Martynas Mažvydas National Library of Lithuania**

**Address:** Gedimino pr. 51, Vilnius 01109, Lithuania

Opening hours:

- Monday-Friday 10:00-21:00
- Saturday 10:00-18:00
- Sunday 10:00-17:00

You can become a member of this Library. Printing is paid for by cash or card, no free parking is offered. A Caffeine is located at the entrance of the building, where you can buy food or coffee, though it is not allowed inside the library.

Also, there are many restaurants nearby.

## **Online Library access**

The app for the Vilnius university library can be accessed here; <https://biblioteka.vu.lt/en/>

Access of the online library is possible within University network, or from home through the VPN provided by the university. (Information on how it can be installed can be found here; <https://santaka.vu.lt/display/DUK/Installing+and+using+VU+VPN>)

Useful sources provided by VU for medical students:

Clinical Key: <https://www.clinicalkey.com/#/>  
<https://www.clinicalkey.com/student/login>

AccessMedicine: <https://accessmedicine.mhmedical.com/>



# HOSPITALS / HEALTH CARE

Using your **European Health Insurance Card (EHIC)** in Lithuania is easy. Your EHIC gives you access to necessary public health services under the same rules as a Lithuanian national.

To use your EHIC, please contact a public healthcare institution located on your municipality of residence. You can find more information on this website: <http://www.vlk.lt/sites/en/information-for-people-insured-abroad/information-about-healthcare-available-to-european-insurance-card-holders-in-lithuania>

Visiting an emergency department of a hospital in Lithuania with an EHIC is free of charge. However, in non-emergency cases, seeing a specialist will require a referral, otherwise you might be liable for the full expenses of your visit.

To find out which healthcare institutions are available in your municipality, please check the website of your territorial health insurance fund: (Lithuanian only)

- **Vilnius:** <https://www.vilniaustlk.lt/index.php?id=388&aid=1>
- **Kaunas:** <https://www.ktlk.lt/gyventojams/aspi/>
- **Klaipeda:** <https://www.klaipedostlk.lt/gyventojams/sveikatos-prie%C5%BEi%C5%ABros-%C4%AFstaigos-ir-teikiamos-paslaugos>

It is recommended that during your stay in Lithuania, that you register with a local poliklinika to access medical services cheaper and more easily. (Note that for this you also need to register your place of residence in Lithuania!)

A Step by step guide in English is available here:

<http://www.getvilnius.com/guide/guide-pictures-registering-poliklinika-vilnius/>

In case you are a **Non-EU National** or do not qualify for the EHIC, you will be expected to cover your own medical costs. Therefore, it is necessary to get a private health insurance policy either in your own country or in Lithuania. ERGO, Lietuvos draudimas and Gjensidige are commonly used by foreigners in Lithuania.

## SUPERMARKETS

- Lidl - Least Expensive
- Norfa
- Maxima
- Rimi
- Iki

If you get the discount cards at the respective grocery store, the grocery shopping will be cheaper, as you can take advantage of discounts. (If you don't speak Lithuanian, bring a Lithuanian speaking friend or the google translator to get your card).

## COPY / PRINTING SHOPS

- Copy Pro; open 24/7, Gedimino prospektas 33
- Libraries (see above)

## SHOPPING MALLS

- GO9
- Akropolis
- CUP
- Ozas

## FURNITURE STORES

- IKEA, Vikingų g. 1
- Zara home, Ozo g. 25, Vilnius 07150, Lithuania
- H&M home, Saltoniškių g. 9, Vilnius 08105, Lithuania/Ozo str 25, Vilnius 07150, Lithuania/Gedimino pr. 9, Vilnius 01103, Lithuania

# FUN THINGS TO DO IN VILNIUS

## BARS

- Plus Plus Plus
- Uncle Sam's
- La Bierra
- Carre Bar and Lounge
- Busi Trecias
- Peronas
- Mr. Pub
- Drops

## CINEMA

- Vingis Forum Cinema
- Ozas Mall Cinema
- Akropolis Forum Cinema

## GYM

- Gym +
- Impuls
- Lemon Gym
- There is also a gym in the Faculty

## CLUBS

- Rumours
- Salento
- Pantera
- Titas Club
- Chaos
- Bardakas
- Kablys
- Materialistic

## COFFEE SHOPS

- Taste map (close to the faculty)
- Caffeine
- Vero Café
- Cat Café
- Hurricane Café
- Chaika

## HOME FOOD DELIVERY

- Bolt
- Wolt
- Lekste



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